

**Beau Bondoc**  
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There was a young man walking down a deserted beach. He saw an old man throwing a stranded starfish back into the sea. The young man questioned the old man, wondering why he would do something that seemed so insignificant, so meticulous and tedious. It was just one starfish. But the old man rebuked this thought. "It may be tedious. It may take a while. I may never be able to make a change to all the starfish on this shore. But I did to this one. I made the change."

Now, I'm sure many of you have heard of this anecdote before, this touching story of an old man and a starfish. That old man made a difference to that starfish, to the world (for the starfish at least). But it was a change, a change for the better, for the starfish, the young man, and for the old man himself. That old man saved the starfish from potentially drying up. That young man saw this act of kindness and it may have inspired him to make a difference, to make a change. But what about the old man?

"Everyone thinks of changing the world, but no one thinks of changing himself." What is change though? Does change only count if it manifests itself in a physical form? Does it only count if it changes other people and how they feel? No. Change begins within you. Change begins within each and every person in this world. Change begins with me.

I know what you're thinking now, "How did this change the old man?" And I answer right back: "I don't know." You know why? Change begins with me. Me. There are many "me's" in this world. The beauty of change, the ability of change, the trait that distinguishes the word change from many other words: it's personal. The idea of change is centered on yourself. We are all able to make the change. That change may be tiny and insignificant, as the old man who was

throwing all the starfish back into the sea, in my eyes at least. But you know what, that's enough change, enough change in the eyes of that old man.

Change begins with me. It begins with you. It may sound like I'm preaching. But it's true, as seen with Martin Luther King Jr. He believed in seeing a change for his people, for equal rights for everybody. And with the old man, he believed that the starfish, that one starfish out of the millions in the world, needed a change. And he saw it. These men, they acted upon what they believed needed to be change, what they believed change was and its manifestation. And that made the difference.

Change begins with me. You know it when you feel it, that sense of accomplishment within yourself. And you know what? That's all that matters. You made the change. I made the change. And someday, others will make the change as well.